Paleo-content

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**Subject** – Consume Alcohol Without Breaking Your Paleo Vows!

Hey,

Today, we are back to the same topic we have discussed quite a few times in our previous posts – things that keep people from choosing the paleo lifestyle. The one in the spotlight this time is ‘alcohol’.

Whether, you are a paleo follower or not, alcohol is something doctors would always advise against. Yet, since it is the impossible to completely forbid the fun, they will tell you to take it in moderation. The same rule applies for paleo diet.

Yes, you heard it right. The rulebook of paleo doesn’t forbid alcohol altogether. It is a part of modern lifestyle and we understand that utter prohibition will only drag you away from a paleo lifestyle. Yet, as we said, there are certain rules that dictate the use of alcohol for paleo people.

First of all, limit your consumption. Try to drink only when you are in a party where denying a drink is kind of rude, or with a circle of friends where a little alcohol will just double the fun.

Secondly, chose your drink wisely. Here’s how:

* **Avoid** – Beer, Bourbon, Gin, Whiskey, and grain based sodas
* **Choose** – Vodka, Red Wine, White Wine, Tequila, Rum

For special occasions, go for brands known for dry wines.

We will share more about such brands and products that can help you enjoy a little booze without busting your diet.

Stay tuned!

Thanks,

Regard